



# Concerned about your well-being? You have resources available.

Recognizing that today's world has more pressures than ever, it is important to know you have help available. Whether through school resources, health plan benefits, or free online tools, we encourage you and your family members to be proactive in getting the care you need. Your well-being is worth it.

## From Your Health Plan

- You'll find in-network access to a wide range of mental health and substance abuse providers, including multiple settings such as one-on-one counseling at outpatient clinicians or in private practices, group therapy, and inpatient facilities.
- Virtual visits are an increasingly popular way to see behavioral health providers. Whether through your plan's provider network or their telehealth program, you can get help from the convenience of your own home and with a computer, tablet, or smartphone.

Log in to your health plan's portal or call their customer service line for assistance in finding a provider that's right for you.

## From our Employee Assistance Program (EAP)

- Our EAP vendor can offer you confidential support on a wide range of services, including short-term counseling. Check your employee benefits on our intranet site, or contact the Human Resources department for the EAP's contact information.

## Online Apps and Tools

There are now well-respected apps available for mental health support, even therapy. Their prices and specific approaches vary. Some apps may have free trials or, with a doctor's letter or prescription, be HSA- or FSA-eligible. Be sure to read the details carefully before signing up, as some plans require a paid membership or aren't reimbursable.

Here are four top-rated resources:

- Addiction: [I Am Sober](#)
- Depression: [Talkspace](#)
- Better Sleep: [Calm](#)
- Talk Therapy: [BetterHelp](#)

Mindfulness, [the practice of being fully present and aware of your current experience](#) without overreacting or getting lost in thoughts, is known to reduce stress and enhance one's focus. With its mind-body connection, mindfulness meditation can be integrated into everyday life in many ways. You can learn more and get started with guided meditations using various apps. Some have free options, while others require a membership. Here are three to check out: [Headspace](#), [Insight Timer](#), with more than 212,000 free meditations (including for better sleep), and [Happier](#) (formerly 10% happier).

### Need help immediately? Call 988, the Suicide & Crisis Lifeline.

This 24/7 free and confidential support line is who to call if you or a loved one is facing mental health struggles, emotional distress, alcohol or drug use concerns, or just needs to talk to someone.

Remember, you're not alone. A caring counselor is just a phone call away in the United States. Dial 988.